

Wolf Pack WARRIOR

Vol. 19, No. 23

8th Fighter Wing, Kunsan Air Base, Republic of Korea

July 2, 2004



July
Fourth
events

See page 5

NEWS BRIEFS

Bike Round Up

All bicycles are required to be registered with the 8th Security Forces Squadron Pass and Registration within seven days of purchase or arrival at Kunsan Air Base. Security forces investigations will be conducting a "Bike Round-Up" for all bikes not registered with security forces pass and registration. Today, security forces investigations will confiscate all bikes not registered, regardless of whether they are locked up. For more information, call at 782-4404.

Quarterly Transition Assistance

The family support center offers a three-day TAP seminar July 28 through 30 from 8:30 a.m. to 3:30 p.m. The seminar will cover job searches, resume writing, interview techniques, career exploration as well as other topics benefitting those separating or retiring. Registration is required. To register, call 782-5644.

Initial Relocations Briefing

The initial relocations briefing for overseas assignments will be Tuesday at 9:30 a.m. in the Loring Club. Briefings for those PCSing stateside is 2 p.m., Tuesday at the Loring Club. Wolf Pack members must be scheduled for an appointment to attend. For more information, call outbound assignments.

Distant Parenting Focus Group

The family support center offers a distant parenting focus group July 13 from 6:30 to 8:30 p.m. in building 755, room 215. It will cover ways to strengthen relationships during an extended separation. To register, call 782-5644.

Dormitory Policy

A new wing policy dictates all dormitory rooms will be locked at all times.

Road Closure

Due to construction near the main gate, all traffic will be diverted to 9th Street. Avenue B will be closed to all traffic from the transportation building to the main gate until approximately Aug. 15.

Buddy Wingman Program

Due to current conditions on the peninsula, the buddy wingman policy is effective any time a military member leaves the base for any reason, no matter what time of day. Check USFK Fragmentary Order #04-11 for further details.



AN-NYONG-HA-SE-YO! YEOROPUN: Tech. Sgt. Kevin Hart, 8th Civil Engineer Squadron, greets a group of local fourth graders he and other Wolf Pack members volunteer to help teach English. Sgt. Hart and the students' teacher, Miss Young Ok Choi, work with the children every Saturday on their English skills. In return, the volunteers learn some conversational Korean and much about the Korean culture. See Page 3 for more on the volunteers and what they gain from their time.

Photo by Capt. Kristin Haley

New WeedSeeker helps entomology save money, time; enhances safety

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

The 8th Civil Engineer Squadron Entomology section recently received a new high-tech weeding system, called the WeedSeeker, which is designed to reduce the amount of herbicide that is sprayed on Kunsan's grounds.

"It is a computer operated device that detects green. It uses LCD light to detect the weed and only turns the nozzle on until it no longer detects the weed," said Tech. Sgt. Richard Toumberlin, 8th Civil Engineer Squadron.

In fact, as a weed passes through the 12-inch field of view of the LCD sensor, the sensor sends the signal to the spray nozzle to deliver the precise amount of herbicide needed. Thus not wasting herbicide on bare pavement or ground.

The WeedSeeker costs approximately \$20,000 and will help the entomology section accomplish its mission of controlling any pest that threatens facilities or the health and well-being of personnel here. For the most part, the entomology section is the base's animal control, pest control, and to some extent, ground maintenance personnel.

"You don't have to spend as much time spot-spraying an area," Sgt. Toumberlin said. "Also, due to an executive order for a 50 percent reduction of pesticides, the WeedSeeker helps by reducing the amount of herbicides we spray. It can save not only man-hours to treat an area, but also the cost of herbicide is reduced."

According to a 1998 DoD test conducted at Nellis Air Force Base, Nev., the WeedSeeker system reduced labor costs by 50 percent and herbicide use and cost by 75 percent.

In the days before the WeedSeeker, an area of about 2,000 square feet that was spotted with weeds would take about two man-hours to complete. Entomology would have to hand spray the entire field using large quantities of herbicide.

"By using the WeedSeeker



Photos by Senior Airman Araceli Alarcon

for the same area, we only use about a third of the herbicide and it takes about 30 minutes to complete," Sgt. Toumberlin said.

The WeedSeeker will not

only benefit Entomology personnel by cutting time to keep Kunsan weed free, it will also help Wolf Pack members by having less herbicide on the ground.

ABOVE: The WeedSeeker system uses sensors to detect the color green, then sends a signal to the spray nozzle to release the herbicide. **RIGHT:** With individual sensors for each spray nozzle, the WeedSeeker system can apply the exact amount of herbicide to areas of weeds while not wasting any herbicide on patches of bare ground. This both saves on the cost of herbicide by using less and limits the amount of herbicide that penetrates the ground water. **BELOW:** The old way of killing weeds was by using a hose and spraying the entire area. That wasted much of the herbicide bought and needlessly contaminated large areas of bare ground.



Air Force Core Values:

Integrity First
Service Before Self
Excellence in all we do



Wolf Pack lends a hand at local school

By Capt. Kristin Haley
8th Fighter Wing Public Affairs

Tech. Sgt. Kevin Hart has spent almost every Saturday for the past two years at a Korean elementary school right outside of the Kunsan Air Base main gate. He teaches English and learns about the Korean culture too.

"I love these kids and I love Kunsan – that's why I continue to stay here," said Sgt. Hart. "The kids love talking and practicing English, but for me it's good for the heart," he added.

Sgt. Hart also continues to try and involve others in the program. He says the people who have gotten involved really love it and he feels it really makes their time here.

"Kevin actually recruits – but he only wants the best people," said Senior Master Sgt. Tonia Savidge. It's pretty obvious Sgt. Savidge loves spending time with the children too. "I miss little people and these kids are just great. They just want to practice their English," she said.

Miss. Young Ok Choi, whose fourth grade elementary school recently won first place in an English competition, works with Sgt. Hart to make the English teaching program work. A small group of military members from the base spend every Saturday from 8 a.m. to noon at this particular school and rotate among the classes.

Each Saturday is different though. Sometimes the children work in small groups and practice their English individually, sometimes they sing English songs about numbers



Photos by Capt. Kristin Haley

Staff Sgt. Amy Perrault, 8th Maintenance Squadron, helps a young student learn her numbers in English. Sgt. Perrault is currently taking classes toward an elementary education degree.

and days of the week and sometimes classroom instruction is involved. "Ms. Choi is really great, she works really hard with them on their English, and we work on our Korean too," said Staff Sgt. Amy Perrault.

"Not all the teachers speak English but you just kind of figure it out," said Sgt. Hart. "I think what's important is they see a positive image of an American," he added.

Sgt. Perrault, who is going to school to be an elementary school teacher, wishes she had more time to spend with the kids. "They know exactly who you are and they wait for you to

come back every week," she said. In addition to the three hours Sgt. Hart commits every Saturday, he also accompanies the kids to school events and field trips when he can. "It is a lot of time, but that's okay, there's no better way to learn the culture and I love these kids," said Sgt. Hart. Everyone pretty much agrees that it's no coincidence this technical sergeant's last name is Hart, as it's apparent he has a lot of it.

"It is wonderful to have someone like (Sgt. Hart) volunteer his time to help the children," said Miss Choi. "We all enjoy of them."



Senior Master Sgt. Tonia Savidge, 8th Civil Engineer Squadron, helps students with their hand writing.



Wolf Pack Crime Watch

June 26:

Article 128 — Assault; Article 117 — Provoking Speeches and Gestures; Article 134 — Disorderly Conduct, Drunkenness; Article 92 — Failure to Obey Order or

Regulation; Article 95 — Resistance, Flight, Breach of Arrest and Escape — The Security Forces Control Center was notified an Army private was outside the main gate using profanity and harassing Korean and Air Force personnel. Upon arrival, a patrolman overheard the private using vulgarity and making threatening statements toward gate personnel. The private refused to give his identification or the name of his first sergeant and when the patrolman attempted to apprehend the private, he became combative. Backup patrolmen arrived to assist with the apprehension of the private. He was transported to a detention cell due to his high level of intoxication.

Article 108 — Damage to Government Property; Article 128 — Assault; Article 134 — Disorderly Conduct, Drunkenness — An Airman telephoned the SFCC and said someone was

banging on his door attempting to inflict physical harm upon him. Patrolmen arrived and learned that both parties had been involved in a physical altercation. The patrolmen took both individuals into custody. Both were released to their first sergeant.

June 27:

Article 111 — Drunken or Reckless Operation of Vehicle — A patrolman radioed the SFCC and said he was conducting a traffic stop on privately owned vehicle for failure to stop at a posted stop sign. During the stop, the patrolman detected the odor of alcohol coming from the civilian driver. The driver was given a field sobriety test and failed. The driver was taken into custody, read his rights and agreed to a blood alcohol test.

Courtesy of the 8th Security Forces Squadron

HOMETOWN NEWS

Doing something outstanding at work?
Let local newspapers back home know.

Call 8th Fighter Wing Public Affairs about a hometown news release at 782-4705.

Teamwork = leaders + followers

By Maj. Darrell Thomas
8th Fighter Wing inspector general

Greetings Wolfpack! During our June exercise, I saw many outstanding things that simply made me proud to be on your team. There were far too many strengths to list them all here, but I would like to describe some characteristics that I have seen during my short one-month in the Wolfpack. I'd also like to offer a few techniques that have helped me along the way. If this describes you, (and you know who you are) you should know that your skills and expertise do not go unnoticed. If this doesn't describe you, then take a look inside yourself, borrow a few techniques, and see if you can tweak-out a few improvements.

Let's talk about followership, and then leadership. Most all of us have a semblance of both roles in the Air Force. Being a good follower comes first.

Successful units make mistakes. However, when followers are willing to step up and be accountable for the bad news, it allows their team to quickly get back on track. As the saying goes, bad news does not get better with time. The organizations that tend to perform seamlessly are the ones in which the followers are eager and willing to add positive and timely counsel to the commander. Followers who 'tell it like it is,' and leaders who listen to it, are an unbeatable combination.

Timidity and fear often costs organizations, and their leaders, dearly. The late President Ronald Reagan suffered far more at the hands of subordinates who refused to tell him unattractive truths than from his enemies. Here is an example.

Nancy Reagan, in her memoir, 'My Turn,' recalls chiding then Vice-President George Bush when he approached her, not the president, with grave reservations about White House Chief of Staff Donald Regan. She was quoted in her book:

"I wish you'd tell my husband," the first lady said. "I can't be the only one who's saying this to him."

Mr. Bush responded, "Nancy, that's not my role."

"That's exactly your role," she replied.

Nancy Reagan is right. It is the good follower's obligation to share his or her best counsel with the person in charge. And silence, not dissent, is the one answer that leaders should refuse to accept. Perhaps the ultimate irony is that the follower willing to speak out shows precisely the kind of initiative that leadership is made of.

With that said, there is another side of the followership coin that is especially crucial in our military role. This impressive trait compliments the positive interaction described above: Once all the facts are laid on the table, and the leader makes a decision, team members support the decision 100 percent even if it's contrary to their own. This single element is absolutely critical to the success of the team at all levels throughout the wing. Disciplined followership, simply put, is one of the foundations of our military.

This brings me to the next thing I want to talk about which is the leadership characteristic called delegation. This is crucial to teams that have their priorities perfected — even under the pressures of the exercise, or combat. Leaders that delegated subordinate tasks are more efficient and effective than leaders that cling to a 'do-it-yourself' model. This is a personal struggle that many leaders, including myself, have trouble with. It's a powerful reflex. The first reaction most new leaders have is to take on more work. How else can you be sure your project, the most important assignment you've ever had, gets done right? Like all reflexes, the 'do-it-yourself' model is a substitute for thinking.

Ideally, a leader should start getting solutions from their people. Unfortunately, it's easier to solve problems your-

self, because it's what you've always done. More often than not, you were put in a leadership position because you were good at what you do. I commend that. As you settle into your new role, your first instinct is to help out and do the work yourself. After a bit of trial-and-error (some take longer than others), you find out what every successful leader learns: Your job isn't to do the work your team is supposed to do. Your job is to provide the tools, motivation, and direction the team needs to do the work itself. The lesson is simple and all too easy to ignore: delegate as much as you can so you can focus on broader issues. Hand-in-hand with this concept: Humbly accept total accountability for your team's failures, and generously distribute the credit for your team's success.

My final point that I see in the Wolfpack is that team leaders don't lead teams. They lead a collection of individuals who together make up a team. It's a small clarification with big implications. Each team member has different strengths and weaknesses, work style preferences, blind spots and hot buttons. There is no way a leader can get a team to work together without first learning how to work with each person as an individual.

Harvey Robbins, coauthor of 'Why Teams Don't Work,' (Peterson's Guides, 1995) argues, 'The number-one skill a team leader needs is versatility. You have to deal with others based on how they want you to deal with them. That's how you get people to follow you.'

Leadership is a one-on-one sport. When I see this type of concern and compassion from everyone in the 8th Fighter Wing, from the Wolf to the technical sergeant, it makes me proud to be on your team and proud to be in the Wolfpack.

Hopefully, I have described nothing new to you, but have merely refreshed some thoughts of old. Always feel free to call me at 782-4850 with any IG complaints. The door is always open.

ACTION LINE
782-2004
action.line@kunsan.af.mil



Col. William Uhle
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119



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Wolf Pack Radio
88.5 FM

Weekdays — 5 to 10 a.m.
Request songs at 782-4373
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WATCH

AFN Korea News
Weeknights at 6
and 10 p.m.
Channel 6

Fourth of July: America's Birthday

By Gen. Bill Begert
Pacific Air Forces commander

Hotdogs and baseball, fireworks and sparklers, music and the American flag. What better traditions for celebrating America's birthday?

As we prepare to commemorate this special holiday with family and friends, we should also be mindful of the reasons why Americans feel joyful and proud on the 4th of July.

On this day 228 years ago, our democracy began with the signing of the Declaration of Independence from England.

Each year, we remember the birth of our republic with festivities and ceremonies. By celebrating the day that marks our nation's freedom, we celebrate our families, our great nation, our diversity, our spirit, our strength and ourselves.

In our country, many people take for granted the liberties we enjoy. As members of the greatest military in the world, we who choose to serve in the U.S. Air Force understand the importance of our commitment.

Even now, Airmen assigned to Pacific Air Forces are sta-

tioned all over the world, in Iraq and Afghanistan and elsewhere — placing themselves in harm's way to fight terrorism, defend our freedom, and bring freedom to others.

On this 4th of July, many American families are separated from loved ones who have deployed. Their sons, daughters, fathers, and mothers perform often-dangerous duties on a daily basis — proud Airmen, Soldiers, Sailors, and Marines.

On this Independence Day, we honor the courage and resolve of all who keep our nation strong. We also honor

the sacrifices of those who have given their lives in service, past and present.

This July 4th, Jody and I begin to explore a different kind of independence: retirement. Being part of the Pacific Air Forces family has been such a privilege that saying goodbye will be difficult. But in uniform or out, we wholeheartedly join all Americans as we celebrate the blessings and benefits of freedom.

We have every reason to stand up and cheer. Happy Birthday, America. Happy birthday to you!



WOLF PACK WARRIOR
Vol. 19, No. 22

Defend the base
Accept follow-on forces
Take the fight North

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Content

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Submissions

Deadline for submissions to the WOLF PACK WARRIOR is noon Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us

People with questions, comments, suggestions or submissions can contact the public affairs office at:
8th FW/PA
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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

MONTHLY SORTIE GOALS

Unit	Goal	Flown	+/-
35th FS	370	418	+48
80th FS	339	425	+86
8th FW	709	843	+134



Current as of Wednesday

101 critical days of summer

Bicycle safety

A review of bicycle accidents shows a variety of factors contribute to the typical mishap. Inattention to obstacles in the bicycle path, losing control because of excessive speed, maneuvering to avoid other vehicles or pedestrians, and alcohol lead the way. Cyclists who are killed, or seriously injured, have frequently violated a law or safety rule.

Fourth of July

Something for everyone this weekend




Community Center 4th of July Events during Block Party

-  Water Balloon Toss at 1330
-  Pie Eating Contest at 1530
-  Jalapeno Eating Contest at 1730 (eat the most jalapeno's in two minutes)

Prizes will awarded to winners of each event



4th of July Weekend Events

Happy

Thursday, 1 July

- Bowling Center: \$1 a game
- Golf: Twilight 3-Club Tournament 1700 till dark
- CAC: Playstation 2 Open Play Night 1900-2200

Saturday, 3 July

- CAC: X-Box Tournament HALO at 1500
- Golf: All day, open to all who play, Closest to the Pin w/prizes
- Loring Club: California Girls band will perform at 2100
- Fitness: Weekend long Softball Tournament
- CAC: Shotgun Karaoke 2000-2400
- Fitness Center: Weekend long Softball Tournament
- Fitness: Wallyball Tournament at 1000
- Fitness Center: Triathlon at 0800; sponsored by the Airman's Advisory Council
- Fitness Center: Bench Press Competition at 1400
- Fitness Center: Squadron Dodge Ball Tournament at 1000
- Outdoor Recreation: Paintball at Wolf Pack Park 1000-1500
- Bowling Center: 3 games for \$1 1100-0100
- AAFES: Movie Marathon
 - 1700 - The Day After
 - 1930 - The Terminal
 - 2200 - Shrek 2
 - 2400 - Kill Bill Vol. 2

Friday, 2 July

- Building 755 parking lot set up for Block Party
- Stage Set Up In Loring Club Parking Lot
- Loring Club: California Girls band will perform at 2100
- CAC: Pool Tournament - Double Elimination at 1500
- CAC: Shotgun Karaoke 2000-2400
- Fitness Center: Weekend long Softball Tournament
- Fitness Center: Wallyball Tournament at 1000
- Bowling Center: Two games for \$1 1100-1900 & Howlin bowl 1900-2400

Sunday, 4 July

- Fitness Center: 5K Firecracker Fun Run at 0900
- Bowling Center: Four games for \$1 1100-2300
- 1200 hrs - 4th of July Parade 1300 hrs - Block Party Opens
- 1400 hrs - Bands of Stage
- 1600 hrs - Korean Dancers
- 1700 hrs - Retreat & presentation of awards
- Services "Hog/motorcycle" giveaway
- 2100 hrs - Fire works Display
- 2200 hrs - Clean-Up

Monday, 5 July

- Fitness Center: 1st Sergeants vs. Commanders Softball game at 1300
- Fitness Center: Chiefs vs. the Eagles Softball game at 1400
- Championship game for 4th of July Tournament at 1500
- Outdoor Recreation: Hiking Tour of Wollmyong Park in Gunsan City 1100-1600
- CAC: Spades Tournament at 1500
- CAC: Dominoes Tournament at 1900
- Bowling Center: 10 cents a game 1100-2300

Today

Pre-Separation - The family support center offers a pre-separation briefing for members about to separate or retire from 9 to 10 a.m. in building 755, room 215. To register, call 782-5644.

Personal Financial Management Program brief -

The family support center offers a PFMP briefing for senior airmen and below attending newcomers orientation from 3 to 4 p.m., in building 755, room 215. For more information, call 782-5644.

Free food night - The Loring Club offers super social hour featuring barbecue chicken from 6 to 9 p.m. for club members.

Howlin' Bowl - The Yellow Sea Bowling Center offers Howlin' Bowl starting at 7 p.m. The cost is \$1 per game.

Karaoke - The Falcon Community Center offers Karaoke 8 p.m. to midnight.

Hoops - Play pick-up basketball at the fitness center beginning at midnight.

Movie - The base theater shows "Shrek 2," rated PG, at 7 and 9:30 p.m.

Saturday

Movie - The base theater shows "The Terminal," rated PG-13, at 7 and 9:30 p.m.

Triathlon - The fitness center offers a triathlon beginning at 8 a.m.

Bench press competition - The fitness center offers a bench press competition beginning at 2 p.m.

Paintball tourney - An open play paintball tournament will run from 10 a.m. to 3:30 p.m., at the Wolf Pack Park. Price is \$15 and includes 100 rounds. For more information, call 782-4833.

Walking tour - The family support center offers a Eunjeock Temple and Gunsan Lake walking tour from 9 a.m. to 4 p.m. To register, or for more information, call 782-5644 or 782-5627. Participants should bring about 20,000 won for bus fare, snacks, drinks and lunch.

X-Box tourney - The community center sponsors a HALO tournament beginning at 3 p.m.

Prime Rib - The Loring Club has a prime rib special — a 16-ounce "Wolf" cut for \$15.95 and a 12-ounce

"Kun" cut for \$13.95 served from 6 to 9 p.m.

E-Mart trip - The Falcon Community Center hosts a shopping trip to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Sunday

Bingo - The Loring Club offers bingo at 2 p.m.

Brunch Extravaganza - The Loring Club offers entree and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is \$12.95 per person. Club members receive a \$2 discount.

Movie - The base theater shows "The Terminal," rated PG-13, at 6 and 8:30 p.m.

Dart tourney - The Loring Club has a dart tournament at 7 p.m.

Pool tourney - The Falcon Community Center sponsors an 8-ball tournament beginning at 7 p.m.

E-Mart trip - The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. and return at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Nifty Fifty bowling - The Yellow Sea Bowling Center offers 50 cent shoe rental and 50 cent bowling at 6:30 p.m.

Pizza and beer - The Loring Club offers \$1 longnecks and 50 cent slices from 6 to 8 p.m.

Movie madness - The Falcon Community Center offers a double feature movie madness at 6 p.m.

Pool Tournament - The Loring Club offers a 9-ball pool tournament beginning at 7 p.m.

Tuesday

Free bowling - The Yellow Sea Bowling Center offers three free games for all airmen at 6:30 p.m., and \$1 bowling for everyone else.

Movie - The base theater shows "Envy," rated PG-13, at 8 p.m.

Sumo wrestling - The Loring Club offers sumo wrestling beginning at 7 p.m.

Chess - The community center

OF THE PRIDE PACK

Squadron: 8th Medical Support Squadron
Duties: NCOIC clinical laboratory services
Hometown: Buffalo, NY
Follow-on: Aviano Air Base, Italy
Hobbies: Running
Favorite music: Rock
Last good movie you saw: "Sea Biscuit"
Best thing you've done at Kunsan: Exploring a new culture.



**Airman First Class
Erin Glimore**

"During Tech Sgt. Daniel J. Warnick's time at Kunsan, he has been a member of our laboratory staff, and has been immersed in all laboratory activities across the spectrum. He masterfully overhauled the chemistry section, hematology section, shipping section, urinalysis section, administrative section and the Frozen Blood program. He revamped all quality control and quality improvement programs, rewrote four operational instructions, reviewed another 200 and organized all areas in preparation for the College of American Pathologists inspection. This relentless drive secured a flawless inspection, which allowed the laboratory to receive the highest rating given: "Accreditation with Distinction." Regardless of the task or crisis, Sgt. Warnick always delivers in superstar fashion. Clearly, there is nobody more qualified or deserving of being recognized as a "Pride of the Pack" recipient. Sgt Warnick epitomizes the Pride of the Pack."

Capt. Jimmey N. Labit
 8th Medical Support Squadron laboratory services chief

offers chess night beginning at 7 p.m.
Ladies' Night bowling - The Yellow Sea Bowling Center offers free bowling for ladies starting at 6:30 p.m.

Wednesday

Smooth Move (Home Buying) - Offered from 1 to 4 p.m. in building 755, room 215. Get your PCS questions answered by the experts, plus home buying information from a licensed realtor. To register, call 782-5644.

Movie - The base theater shows "Kill Bill Vol. 2," rated R, at 8 p.m.

Free food night - The Loring Club offers super social hour featuring chili and hot dogs from 6 to 8 p.m. for club members.

Karaoke - The community center offers Karaoke from 8 p.m. to midnight.

Korean cooking class - The family support center offers a class from 11:30 a.m. to 1 p.m. at the Sonlight Inn. For more information, or to register, call 782-5644.

Return and Reunion - The family

support center offers a return and reunion briefing for those about to leave Kunsan from 3:30 to 4 p.m. at the Sonlight Inn. For more information, call 782-5644.

Pool tournament - The Loring Club offers an 8-ball tournament beginning at 7 p.m.

Thursday

Ladies' Night bowling - The Yellow Sea Bowling Center offers free bowling for ladies starting at 6:30 p.m.

Korean orphanage - Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot at 6:15 p.m. For more information, call Master Sgt. Bob Gardner at 782-4794.

Movie - The base theater shows "Kill Bill Vol. 2," rated R, at 8 p.m.

To submit events for 7-Days, send an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, and phone number.

Chapel

Latter-Day Saint - Services are Sunday at 3:30 p.m. at the chapel.

Catholic services - Mass is Saturday at 5:30 p.m., Sunday at 9 a.m., and every Monday and Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturday at 4:30 p.m. and Sunday at 8 a.m. R.C.I.A. is Wednesday at 7 p.m. in the chapel conference room.

Protestant services - General Protestant worship service is Sunday at 11 a.m. and the Contemporary Praise and Worship service is Sunday

at 6 p.m. Both services are conducted in the chapel.

Gospel - Gospel services are Sunday at 1 p.m. and the Inspirational Praise and Worship service is Friday at 7:30 p.m. at the chapel.

Sonlight Inn hours - The Sonlight Inn is open every Sunday through Thursday from 6 to 10 p.m., Friday from 6 p.m. to midnight, and Saturday from 6:30 a.m. to midnight.

Sunday School and Bible study - The chapel hosts several schools and Bible study groups at the Sonlight Inn. For more information, call the chapel at 782-4300.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

For Sale

Guitar equipment: Marshall VS-100 amplifier, 100 watts, 3 channels, 12-inch Celestion speaker, 240 volts, \$350; Line 6, AM-4, amp modeler, simulates 16 different amplifiers, includes power supply, \$100; Johnson J-Station, simulates 18 different amplifiers, includes digital effects and cabinet simulations, \$80; Phil Pro PSM-700 electric guitar, three Bill Lawrence pickups, H-S-H configuration, neck-thru-body con-

struction, Wilkinson tremolo, wood strip finish, \$250, includes hard shell case. Call Scott at 011-676-6480.

Volunteer Opportunities

American Red Cross: Anyone interested in volunteering should call 782-4601 for more information.

FSC: The family support center has opportunities both on and off base. Call 782-3772.

Wolf Pack Wheels

Monday through Thursday - Departs Kunsan at 7:30 a.m. and 1 p.m. and departs Osan at noon and 6 p.m.

Friday - Departs Kunsan at 7:30 a.m., 3 p.m. and 6 p.m. and departs Osan at noon and 10 p.m.

Saturday - Departs Kunsan at 7:30 a.m. and 10 a.m. and departs Osan at noon and 4 p.m.

Sunday - Departs Kunsan at 7:30 a.m. and noon and departs Osan at noon and 5 p.m.

Tickets are available at the community center for \$12.50 for general Wolf Pack members or \$11.50 for the airman morale program one-way, and \$25 or \$23 round trip.

The fit test – no more time to “waist”

By Master Sgt. Randy Phelps
8th Fighter Wing Public Affairs

So, are you ready to take your fit test yet? Word on the street is everyone will be tested by September or earlier. So, if you were thinking you'd have plenty of time to get ready for the test – you don't. The time to start, if you haven't already, is now.

I've decided to give people some helpful tips to prepare for the test. (*Disclaimer: Author is in no way a certified fitness professional and his views aren't the views of the Air Force or 8th Fighter Wing leadership.*)

There are several different levels of fitness categories out there — I'm will touch on each one.

Fitness fanatic

This level is the closest to what the Air Force is striving for. They wake up and run the perimeter before they're actually awake. They lead the PT sessions for their units and remind you of Ben Stiller in 'Heavyweights.' He plays the psycho fitness instructor who takes on a bunch of overweight children at a summer camp and tries to work them into shape. Recommendation for passing the new Air Force fitness test –

None. We'll stay out of your way.

Young people

They're fresh out of basic and technical school where they've been participating in regular PT sessions and ... they're young. That makes a big difference when you're talking about running, doing push-ups and crunches, and the all-important waistline. Their waist hasn't had the 'experience' yet to get out of whack. Recommendation for passing the new Air Force fitness test – you just did it a couple of months ago. Repeat.

Old people

For the young people, that's anyone over thirty. We've been around. This new fitness regimen isn't what we are used to. This is the third different type of PT test that's rolled around in my career. I admit, the first two weren't exactly a true measure of fitness, but that's what we were raised on. Now, we're the ones who have to work the hardest to get into the new standard. There are two subordinate categories of old people:

Willing

These are the folks like myself who are still interested in serving out the rest of our careers with dignity and believe in the core values. Recommendation for passing the new Air Force fitness test – grab someone from the first two categories and let them mentor you

for a while. Yeah, it's going to hurt, but you'll get used to it.

Unwilling

These people aren't going to be around long. With the emphasis on deployments, and more people having to be world-wide qualified, not passing the fit test will probably be the last straw – especially if

you've put in 20 years, or are getting close. If you're passing the time before you retire, that day may be coming soon. Recommendation – make a decision: stick around, or don't? If you want to stick around, see "Willing." If not, make no adjustment; the situation will take care of itself.



Photos by Staff Sgt. Mike Holzworth

Whether you run the track or the perimeter, you should run to prepare for the fitness test.



At a minimum, crunches and push-ups should be part of your strength program. The more effort you put into it, the easier your test will be.

Softball Standings

National League

Team	Won	Lost
8 LRS-B	3	0
8 MXS-A	3	0
8 AMXS-A	4	1
8 MXS-Ammo	2	1
8 SVS	2	1
8 CES-B	3	2
ARMY	2	2
8 MXS-Fab	2	2
8 MOS	2	3
8 SFS-B	1	3
Kwang Ju Team	0	4
8 MDG-A	0	5

American League

Team	Won	Lost
8 CES-A	4	0
8 OG	2	0
8 LRS-A	3	1
8 MXS-Phase	2	1
8 MXS-Armament	2	1
8 CS	1	1
8 CPTF	1	1
8 SFS-A	2	2
8 AMXS-B	2	2
8 MDG-B	2	2
8 MSS	1	3
Chapel	0	4
8 MXS-Age	0	4

Standings current as of Wednesday

SPORTS SHORTS

Aerobics classes

The fitness center offers aerobics classes every Monday, Wednesday and Friday at 6:15 a.m. For more information on these classes, call the fitness center at 782-4026.

Bench-press club

Weight lifters are invited to join the bench-press club. See a fitness center staff member for details or to sign up.

Varsity soccer

The varsity soccer team is looking for players. Those interested should show up at the base soccer field adjacent to the fitness center from 6 to 8 p.m. Tuesday and Thursday, or email Kevin Hazen at kevin.hazen@kunsan.af.mil.

Kickboxing aerobics

The fitness center offers aerobic kickboxing classes every Monday, Tuesday and Thursday at 5 p.m. at the fitness center. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs spin class instructors. The

8th Services Squadron will pay certified instructors. For more information, call 782-4026.

Spin class

The fitness center offers spin classes 5:30 a.m., Monday through Friday in the softball scorer's booth; 6 p.m., Monday through Thursday and 4 p.m., Sunday in the fitness center annex.

Lifeguards needed

The 8th Services Squadron is looking for lifeguards for the upcoming 2004 swim season. Contact the fitness center at 782-4026 for more information.

To submit a sports shorts e-mail wolfpackwarrior@kunsan.af.mil



Photos by Senior Airman Araceli Alarcon

Kunsan leaders and their Korean civilian and military counterparts have dinner June 23. The Korean and American Friendship Senior Council meets quarterly to foster relationships between the base and the local community.

Dinner brings civilians, military together

By Rosemary Song
8th Fighter Wing Public Affairs

Kunsan Air Base leadership hosted a “friendship dinner” June 23 to build rapport between the base and the local community.

Col. Bill Uhle, 8th Fighter Wing commander, and many of the base’s new leaders held the dinner here in honor of Mayor Kang, Heun Ho, Kunsan City and

other key Korean civic and military leaders. All are part of the Korean and American Friendship Senior Council and meet quarterly to foster good working relationships between the military and the local community.

With Wolf Pack leadership changing out each year, this initial dinner helps the KAFC members get acquainted with each other in a social environment. The dinners are held throughout the year, both on and off base, with the next dinner scheduled for next month hosted by Mayor Kang.



Col. Bill Uhle, 8th Fighter Wing commander, visits with ROKAF Col. Chi, Yun Kyu, 38th Fighter Group commander.



Mayor Kang, Keun Ho, Kunsan City, exchanges ideas with Col. Uhle.