Wolf Pack WARRIOR

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Hispanic Heritage Month kicks into full gear.

See pages 2 and 3

News Briefs

Outstanding airmen honored
The Air Force's 12 Outstanding Airmen of the Year for 2003 received a ceremonial tribute Monday at the Air Force Association convention in Washington, D.C. Each year, the AFA honors the 12 airmen at its annual convention in Washington, D.C. The program was initiated at the organization's 10th annual national convention, held in New Orleans in 1956. Chief Master Sgt. of the Air Force Gerald R. Murray presented the awards. He said that each airman is an outstanding role model for the nation.

Some AEF airman deploy longer
Air Force officials have determined that some airmen in Air and Space Expeditionary Force Blue will remain deployed longer than the scheduled 120 days. Blue is the first of two transitional AEFs designed to bring the schedule back to a normal rotation. Operations Enduring Freedom and Iraqi Freedom forced the service into a contingency mode, breaking the normal steady-state deployment schedule. Members of AEF Blue deployed in July for a scheduled 120 days. Airmen assigned to AEF Silver are set to replace Blue in November. Officials expect the deployment schedule to be back on track by March.

Photo by Capt. Allen Heritage

Flying colors
Maj. Beau Rogers displays an American flag from his Dutch F-16 while refueling over Afghanistan on Sept. 11. Rogers is an exchange pilot serving with the Royal Netherlands air force. He joins Dutch pilots to provide fighter support to ground forces in Afghanistan supporting Operation Enduring Freedom.

Holiday greetings
Broadcasters from the Army and Air Force Hometown News Service will be visiting here Thursday and Sept. 26. They will be collecting holiday greetings from Wolf Pack members to be sent to local television and radio stations in the United States. The video taped greetings will be edited and sent to service members hometown stations. Wolf Pack members are encouraged to participate and will be scheduled through their group. For more information, call 1st Lt. Herb McConnell at 782-4705.

He's coming:

Retired Brig. Gen. Robin Olds, then colonel, does a pre-flight inspection before a flight. General Olds was the 8th Tactical Fighter Wing commander during 1966 and 1967. He was the first 8th TFW commander to be called Wolf because of a speech he gave before a mission he planned during the Vietnam conflict where his pilots shot down 7 MiGs. General Olds was the first pilot to shoot down four MiGs and because of his expert combat skills in World War II and Vietnam, he is rated a triple ace. Wolf 1 will arrive Wednesday and will attend the wing dining out Sept. 27.

For more on Wolf 1, see pages 6 and 7

Courtesy photo

2 'Pantons' receive DFC

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Receiving a Distinguished Flying Cross is a prestigious award for any pilot, and two "Pantons" pilots recently were presented with them here Monday.

Capts. Gene Sherer and Matt Morrison, both of the 35th Fighter Squadron, each received a Distinguished Flying Cross for their efforts in Operation Iraqi Freedom.

Both pilots were deployed together for approximately 90 days in Southwest Asia from Shaw Air Force Base, S.C.

"We left in February and came home in April," Captain Morrison said.

It was said during the ceremony that Captains Morrison and Sherer were on a mission to suppress the enemy air defense. Their job was to go in, identify Iraqi surface-to-air weapons, and destroy them.

During their flight in Baghdad, the captains identified five Iraqi surface-to-air missile launches, and took measures to destroy them so the strike fighters could get to their targets. While doing so, both captains were fired on. Captain Morrison avoided aggressive enemy fire and precisely employed two anti-radiation missiles. Captain Sherer also avoided aggressive enemy fire and employed one of his anti-radiation missiles. Both pilots were notified of a delay with the strikers and although low on fuel, stayed to guide the strikers and ensure their mission success. Captain Sherer coordinated with tankers to ensure all of the pilots he was flying with returned home safely. The actions of Captains Sherer and Morrison allowed the strikers to destroy multiple targets despite their significant delay, and ensured 100 percent mission success.

Photo by Staff Sgt Maritza Freeland

Flying Cross: Lt. Col. Rob Givens, 35th Fighter Squadron Commander present Capt. Matt Morrison with a distinguished Flying Cross.

Photo by Staff Sgt Maritza Freeland

Flying Cross: Lt. Col. Rob Givens, 35th Fighter Squadron Commander present Capt. Gene Sherer with a distinguished Flying Cross.

Both pilots remember a lot from OIF, but Captain Morrison will remember that day for years to come.

"It will always stick out in my mind. It was a very intense experience, but all the training I had received prior to that point well prepared me for that flight."

"I'm very grateful to have received this award. I am glad I was fortunate enough to be given the opportunity to fight the 'War on Terror,' and to do it in the F-16 like I have been training to do my whole career," Captain

see FLYING CROSS, page 3 ——

Perspective

Political correctness: Hispanics or Latins?

By Tech. Sgt. Carlos Natal
8th Maintenance Squadron
metals technology craftsman

I have been approached many times by people wanting to know what is the politically correct way of referring to those of Hispanic descent, Hispanics or Latins.

Although there is possibly an easy answer, the sentiments of those falling under the label make this issue sometimes extremely controversial.

Therefore, since Hispanic Heritage Month is approaching, I thought it would be appropriate to shed some light over this subject. I hope this will benefit not only people of other cultures, but also those within the Spanish speaking culture as well.

The word Latin first came to light during the Roman Empire. A tribe of people who were called Latins emerged in the Italian Peninsula; their country was Latium and their capital Rome.

Eventually, they began to subjugate their neighbors and conquered most of the peninsula. As the empire expanded towards the southwest, it covered the Iberian Peninsula and a city called Hispalis (Seville). The name of the Iberian Peninsula changed, as it became the Hispania province.

By now you probably started noticing some non-coincidental similarities. The Empire imposed their language over all the conquered countries, therefore spreading the Latin language. After the fall of the Roman Empire, new regions evolved and Hispalis became Spain — España, from the Latin word Hispania.

So, where does the confusion come from? Based on the information so far, you can assume Hispanics are all the descendants of Hispania or Spain, bound by the Spanish language. On the other hand, Latins are those who are descendants of the Roman Empire bound by the Latin language.

In Europe, Latins are viewed as individuals coming from a country where a Latin language is spoken like France, Portugal, Spain, Italy, Albania and Romania. They also view those descendants of Spain living in the Americas, as Latin Americans.

Let's not forget, there are two American continents, North and South, and the region of Central America. When Europeans use the term Hispanic, they refer to Spain, its culture and the people that speak the Spanish language.

In contrast, the United States government, facing migration from all over the world and trying to categorize our people for census purpose, created the White, Black, Native American, and Asian race categories.

Later on, realizing there was a different group of people not fitting the previous categories, they adopted the "Hispanic" category.

In summary, some people don't want to be called one or the other. Their motivation or instigation varies from the idea of being labeled by the U.S. government or any other country. After all, we all dislike labels.

Others have negative feelings going as far back as the Spanish Conquest of the New World, and insinuate the atrocities committed by the Conquistadors should not be forgiven.

Some new generations like to be called Hispanic Americans. I think that's the core of the idea. Let's not be exclusive, but on the contrary, inclusive. What ever the name, let's accept that we are fused together, and are better because we possess cultural diversity. If someone wants to call me Latin or Hispanic, or better yet Hispanic American, I'll quote the words of the Puerto Rican golfer, Chi Chi Rodriguez, "Call me anything you want, as long as you don't call me collect."

Hispanic-American Firsts

— Edward Hidalgo — The first Hispanic Secretary of the Navy named in 1979.

— Philip Bazaar — The first Hispanic to win the Congressional Medal of Honor in 1865.

— Gen. Richard Cavazos — The first Hispanic 4-star general in the Army.

— Admiral Horacio Rivero — The first Hispanic 4-star Admiral in the Navy.

— Lt. Gen. Leo Marquez and Lt. Gen. Elwood Queseda — Became the highest ranking Hispanic generals in the Air Force.

— Carmelita Schemmenti — The first Hispanic female general in the Armed Services, she was an Air Force nurse.

— Luis Walter Alvarez — Nobel Prize winner and National Medal of Science recipient, a distinguished physicist and member of the Manhattan Project, and flew in a B-29 behind the Enola Gay to observe the atomic bomb blast.

— Antonia Novello — The first Hispanic and first female to be appointed as Surgeon General. Appointed in 1990.

But these achievements by Hispanic American patriots are not the only place we feel the influence of Latinos. Those achievements don't capture the full scope of the impact of Hispanic ancestry in the U.S. Indeed, much of what we are and define ourselves as a nation, in terms of industry, commerce, entertainment and education, finds its roots in Spanish ancestry and is another reason why we celebrate our Hispanic heritage. For example:

— The first cattle ranches were established in Florida by the Spanish

— The horse was introduced to America by Spanish explorers.

— Trade and commerce took on a global focus after the arrival of the Spanish expanding over the centuries into multi-national trade agreements that are popular today.

— The Spanish introduced citrus fruit and sugar cane to our hemisphere ... today, they are multi-million dollar industries.

— The guitar, an instrument at the center of today's Rock and Roll industry, was introduced by the Spanish.

— Upon arrival, the Spanish immediately established mission schools.

— St. Augustine became the site of the first integrated public school in this country.

— It was in Santo Domingo and Peru where the first universities, as we know them today, were established in the Western hemisphere. Yale and Harvard would follow almost 100 years later.

— Most of the western U.S. used to be known as the "New Spain" and major cities like San Francisco, San Diego, Albuquerque, Santa Fe and San Antonio were founded by the Spanish.

Hispanic heritage month ends Oct. 15

Action Line
782-5284
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Col. Robin Rand
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.

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

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Submissions

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Monthly Sortie Goals

Unit	Goal	Flown
35th FS	352	138
80th FS	352	176
8th FW	704	314

Community standard

During hours of darkness, everyone wearing a military uniform will wear a reflective safety belt or vest while outdoors. For the purpose of this rule, hours of darkness begin 15 minutes before sunset and end 15 minutes after sunrise. The only exception is uniformed security forces personnel when on duty, including augmentees. Personnel wearing civilian attire are also highly encouraged to wear reflective gear.

AF Climate Survey launches Oct. 1

By Richard Salomon
Air Force Manpower and Innovation Agency Public Affairs

RANDOLPH AIR FORCE BASE, Texas — Air Force leaders at all levels want to know, "How is my organization doing?" The 2003 Air Force Climate Survey begins Oct. 1 to answer this question with the help of Air Force people.

Their participation in the survey is critical, said senior leaders.

"Leadership must be made aware of what's really going on out there," said Secretary of the Air Force Dr. James Roche. "By taking a few brief moments to fill out this survey, you can help your leaders understand your concerns and ultimately better serve you and our nation's interests."

Previous surveys included active-duty airmen and appropriated-fund civilians. This year, the survey also will include the Air Force Reserve, Air National Guard, non-appropriated fund civilians and students in a temporary-duty status.

"We want to make sure all members of the Air Force team have an opportunity to participate," said Lori Marcum, the survey's team leader. "Leaders at all levels use the Air Force Climate Survey to target areas for improvement. In order to create positive changes within an organization, (leaders) must know where to begin. This survey provides everyone an opportunity to speak out about strengths and areas for improvement in their organization."

The survey runs through Nov. 23 and can be completed online at *afclimatesurvey.af.mil* any time during the survey period from either a government computer (dot-mil) or personal computer (dot-com).

Because Air Force leaders expect candid feedback, the survey team has taken extraordinary measures to ensure privacy by using advanced information-masking software. Anonymity continues to be a key factor of the survey, officials said.

Results will be released early in 2004, said Gen. John Jumper, Air Force chief of staff.

"The U.S. Air Force is the finest in the world, a great place to serve and raise our families. We share a commitment to make it better," he said.

Survey participation has climbed from 39 percent in 1997 and 36 percent in 1999 to more than 65 percent of active-duty airmen and civilians in the 2002 survey.

The 45th Space Wing at Patrick Air Force Base, Fla., used the data from the 2002 survey as a powerful tool for change. Patrick's leaders created a performance plan called START for "Synchronize actions," "Trust people," "All accountable," "Recognize achievement" and "Tenacious execution."

The plan emphasized mentoring and individual development. It provided mission focus with clear and measurable goals, according to base officials.

Even though the base scored high in most factors, base leaders wanted to make life at Patrick even better, said Judy Nicholson, START director.

"We knew from the Air Force survey we could improve in some areas. The work the commanders did reviewing the survey feedback resulted in START," she said.

The base introduced monthly civilian commanders' calls and created a civilian-oversight recognition team. Leaders rewrote the rules on the quarterly awards process to focus more on performance than additional duties.

To encourage attendance at commander's calls, leaders use tickets for rocket launches at nearby Cape Canaveral Air Force Station as door prizes.

Brig. Gen. Gregory Pavlovich, 45th Space Wing commander, said he continually reviews the survey results to make sure the wing is on the right track.

"START is a direct result of the Air Force survey, so we place a great deal of value on the survey data," he said. "Because of the survey, we've been able to make improvements at all levels, from top to bottom."

The 2003 Air Force Climate Survey will cover 13 factors that measure work experience:

- Job
- Resources
- Core values
- Leadership
- Supervision
- Training and development
- Teamwork
- Participation and involvement
- Recognition
- Unit flexibility
- General satisfaction
- Unit performance outcomes
- Job enhancement

STAYING IN STEP: **Army Pvt. Gisselle Lopez and Tech. Sgt. Edgar Santiago practice their Latin dance moves at the Loring Club Saturday during Latin Night. This was the first event of many in observance of Hispanic American Heritage Month. Other events include dinner and a movie at the Sonlight Inn tonight at 6 p.m., a luncheon followed by a question and answer session with two retired Hispanic Army veterans at the Loring Club Wednesday at 12:30 p.m. with the question and answer session at 2 p.m. , a cooking class to be held at the Sonlight Inn Oct. 1 at 6 p.m., and a dinner banquet to be held at the Loring Club Oct. 18 starting at 6 p.m. The dinner costs $10.10 for club members and $11.10 for nonmembers.**

Photo by Staff Sgt. Maritza Freeland

Photo by Kristin Royalty

ISABEL: **Staff Sgt. Jason Bowry points out the projected pathway of Hurricane Isabel to Capt. Paul Gifford and Master Sgt. Arlen Lewis. All three work in the 436th Operations Support Squadron's weather flight at Dover Air Force Base, Del. Hurricane Hunters from the 403rd Wing at Keesler AFB, Miss., flew aerial weather reconnaissance missions into the storm Saturday and flew two more Wednesday from Homestead AFB, Fla. The following bases are moving aircraft and support people inland: Dover AFB, Del; Langley AFB, Va.; Pope AFB, N.C.; Seymour Johnson AFB, N.C.; Andrews Air Force Base, Md.**

FLYING CROSS continued from page 1

Morrison said.

Captain Sherer agreed it's a great thing to be recognized for one's achievements, and he remembers the people who helped him off the ground.

"It's a great feeling to get recognition for our efforts," he said. "We all worked very hard to make sure the job was done correctly in order to achieve our objective. My contributions were minimal when compared to all the maintenance and support personnel involved in getting us airborne. Everything I did during OIF would not have been possible without the incredible dedication and tremendous work effort required to support our high sorties rates and bring the fight to Iraq."

Lt. Col. Rob Givens, 35th Fighter Squadron commander, believes this award speaks volumes of the pilots' skill.

"These awards don't come easy, they have to be approved by Central Command commander. These guys stayed in harm's way, in a situation no one wants to be in, to make sure the mission was a success," he said.

Global chiefs discuss air power

WASHINGTON — More than 90 air power leaders from around the world convened to interact with each other, members of Congress, national dignitaries, industry leaders and diplomats.

The last Global Air Chiefs Conference, held in Las Vegas in 1997, was during the Air Force's 50th anniversary. This year's conference was called in recognition of the 100th anniversary of powered flight, said forum moderator Willard H. Mitchell, former deputy undersecretary of the Air Force for international affairs.

First to address the air chiefs was Air Marshal Jonah Domfa Wuyep, the air staff chief for the Nigerian air force. He provided an African perspective on security cooperation. Wuyep's said that Africa may be the "weakest link" in the war on terrorism.

"The basic reason for Africa being the weakest link is that there is a lack of capacity in most countries' militaries to effectively contribute more than men to any peacekeeping operations," Air Marshal Wuyep said.

Even then, Wuyep said, African nations often lack an ability to provide those men with proper military training. He asked that larger military nations be more aware of the fact.

Wuyep also addressed the emergence of multilateralism after the fall of the Soviet Union.

"The disappearance of the Soviet Union as a superpower and the emergence of many sovereign states gave a flip to the shift toward multilateralism in world affairs," he said.

The 1991 Gulf War, the Balkans and East Timor are examples of successes achieved by multilateral partnerships, according to Wuyep.

Air Chief Marshall Kaleem Saadat, the air staff chief for the Pakistani air force, also spoke. He began by echoing a sentiment expressed earlier by Wuyep on the growing gap between American airpower and that of its closest allies.

"Even within the developed world," Air Chief Marshall Saddat said, "the airpower capability of the United States overshadows all other developed nations."

Photo by Master Sgt. Jim Varhegyi

HONOR GUARD: U.S. Air Force Honor Guard members post the colors during the opening ceremony of the Air Force Association's annual convention in Washington, D.C., on Sept. 15. In the audience were more than 90 international air chiefs attending the Global Air Chief's Conference which is running in conjunction with the convention.

Air Chief Marshall Saddat also spoke about the relationship between Pakistan and the United States before and after Operation Iraqi Freedom.

"Pakistani - American relations, which (have) had (their) fair share of ups and downs and after 1990 had been on a downward spiral, experienced a sudden and remarkable upswing," Saadat said. "Despite domestic opposition based partly on religious sentiments, as Afghanistan is a fellow Muslim country, Pakistan has remained a steadfast ally (of the United States)."

The GACC, which is being held in conjunction with the 2003 Air Force Association Conference, will feature other presentations by air power leaders. Those presentations will feature topics like the future of combined combat and combat training, Persian Gulf regional issues, coalition warfare, small country expeditionary force perspectives and the diversification of the Japan air self defense force mission.

myPay PINs mandatory for PACAF airmen

PACAF airmen must have PIN by Oct. 1

HICKAM AIR FORCE BASE, Hawaii — All Air Force active-duty members assigned in the Pacific Air Forces area of responsibility are required to obtain a myPay personal identification number (PIN) by Oct. 1 to access their military pay information on the Internet.

Base finance offices are issuing PINs to all active-duty members. Members can also establish a PIN at the website by requesting it be sent to their LES address via mail.

myPay allows military members to personally manage their finances from any location in the world via the Internet, 24 hours a day, seven days a week. It is already mandatory for those deploying to have a PIN prior to their deployment

myPay offers numerous advantages to the individual member and the Air Force," said Capt. David Hamiel, chief PACAF financial operations branch. "Members can view and print their leave and earnings statements and W-2, change address information, make changes to income tax withholdings, update direct deposit information and manage their Thrift Savings Plan. Future enhancements will include the ability to update allotments."

"LESs are available in myPay five to seven days prior to the actual pay date, which means the members get their pay information much faster than receiving their LES through the base mail system," said Captain Hamiel.

Hardcopy LESs will be discontinued Jan. 1, according to finance officials.

"Once the member has their PIN they can turn off the print version of their LES and save the Armed Services and American taxpayers millions of dollars in printing, postage and customer service costs," said Col. Rory Cahoon, PACAF financial management director.

For more information go to the myPay website at https://mypay.dfas.mil or contact the base finance office at 782-6636.

Photo by Staff Sgt. Jeremiah Erickson

9-11 REMEMBRANCE Chaplain (Lt. Col.) Ron Underwood, 8th Fighter Wing Chaplain, shares his experiences with Wolf Pack members, reflecting upon his role in Operation Enduring Freedom during a September 11th Remembrance Service held at the Wolf Pack Chapel Sept. 11. More than 150 people attended the services. Col. Rick Jones, 8th Maintenance Group commander, and Lt. Col. Janet Deltuva, 8th Medical Operations Squadron commander, who were both present at the Pentagon, spoke about their experiences. Lt. Col. Robert Givens, 35th Fighter Squadron commander, also spoke about the dangers of flying over Baghdad.

Osan runway repairs slated, aircraft operate off station

By 1st Lt. Tom Montgomery
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic Of Korea — The Osan runway closed Thursday for approximately 60 days for repairs and construction that will improve on existing structures.

During that time, the 25th and 36th Fighter Squadrons stationed here will temporarily operate from other locations; most will relocate to Suwon Air Base. HH-60 operations will continue here.

The U-2S that normally operate here will temporarily relocate to Kadena AB, Japan. Government of Japan officials have been informed of the relocation; there will be no appreciable changes at Kadena due to this temporary relocation.

The operational capability of Osan's fighters and reconnaissance aircraft is not going to be degraded by the temporary relocations, Osan officials said.

The repairs include replacement of concrete slabs, widening of taxiways, runway and taxiway lighting. The overall cost is estimated at about $7 million.

"The contractors will be working seven days a week, sometimes 24 hours a day, to get this done quickly. In addition, they have the entire runway area to call their own with no distractions," said Capt. Jeff Lin, 51st Civil Engineer Squadron chief of construction management. "In the past, we've done spot corrections with other operations going on around us which slowed us down," he said.

Since 1999, spot corrections have been accomplished to fix runway areas requiring immediate attention. The runway was shut down, sometimes on a monthly basis, in those cases, said Captain Lin.

Runway takeoff and landing areas need the most attention. The current repair project should extend runway life five to eight years, said civil engineer officials.

Airmen from Osan will take military transportation to Suwon on a daily basis in order to operate and maintain the aircraft.

The project is contracted to a Korean company through the Army Corps of Engineers. Once repairs are complete, airfield operations at Osan will resume.

WOLF PACK

Crime Watch

Sept. 8:

Nothing to report.

Sept. 9:

Privately owned vehicle accident — A senior master sergeant walked into the security forces control center and said he had just been involved in a minor accident at building 753. When patrolmen arrived on scene, the sergeant completed a statement.

Sept. 10:

Government owned vehicle accident — A senior airman called the SFCC and said a staff sergeant had just been involved in a minor accident adjacent to building 620. When patrolmen arrived on scene, they issued the sergeant a Department of Defense Form 1408 for failure to exercise care while driving.

Government owned vehicle accident — An airman first class radioed the SFCC and said he had been involved in a motor vehicle accident at building 2543. Patrolmen responded. Their investigation revealed the airman was attempting to turn around, off the hardened surface. When backing up, he did not use a spotter and backed into a concrete block. The damage to the vehicle consisted of minor dents and scratches to the right rear portion of the bumper.

Sept. 11:

Nothing to report.

Sept. 12:

Loud noise complaint — An anonymous caller called the SFCC to report loud noise coming from the first floor of building 1303. Patrolmen were briefed and dispatched. They made contact with an airman first class and informed him of the 24-hour noise discipline.

Violation of Article 128, assault — A female airman first class called the SFCC to report a male airman first class had dropped a beer bottle on her on the stairwell of building 614. Patrolmen were briefed and dispatched. On arrival they made contact with the female airman who stated she was walking down the stairs when the male airman made a comment that he was going to drop his beer bottle on her head. When she did not respond, he dropped the bottle, hitting her in the back and spilling beer over her. She did not know where he had gone. Security forces did a sweep and came into contact with the male airman in a dorm room. Security forces apprehended him and escorted him to the law enforcement desk. He acknowledged his rights after they were read and stated he wanted a lawyer. He did not make a statement.

Loud noise complaint — A technical sergeant called the SFCC to report loud noise coming from the fourth floor of building 1401. Patrolmen were dispatched. When they arrived at the building, they made contact with a staff sergeant. They briefed the airman on the 24-hour noise discipline.

Loud noise complaint — A staff sergeant called the SFCC to report loud noise coming from behind building 611. Patrolmen were dispatched. When they arrived at the location the noise was coming from, they came into contact with a senior airman. They briefed the airman on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller called the SFCC to report loud noise coming from the first floor of building 616. Patrolmen were dispatched. When they arrived at the building, they came into contact with a senior airman. They briefed the airman on the 24-hour noise discipline.

Loud noise complaint — An anonymous caller called the SFCC to report loud noise coming from the fourth floor of building 1407. Patrolmen were dispatched. When they arrived at the building, they came into contact with a staff sergeant. They briefed the sergeant on the 24-hour noise discipline.

Sept. 13:

Patrol response — A senior airman called the SFCC to say she had recieved a report that a person was on the roof of building 609 and that the Wolf would like a patrol to go to his house. Patrolmen were briefed and dispatched. On arrival they did a sweep of the outside of the building and had negative findings. Patrolmen made contact with the Wolf outside his house and said there was an airman in his house. The airman was apprehended and an interior sweep of the house was conducted with negative findings. The airman was transported to the law enforcement desk, while other patrolmen went to his dorm room. There they made contact with the airman's roommate who stated the airman had just arrived at Kunsan and was asking about medications. The roommate also stated the airman had been hearing noises when nothing was there and had gotten up several times during the night saying crazy things. The airman was then transported to the medical group so the on-call doctor could evaluate him.

Escort violation— An airman first class called the SFCC to report an escort violation at the main gate. Patrolmen were briefed and dispatched. On arrival they made contact with two Korean nationals. One Korean national had escorted the other on base, but when he forgot something off base, he left the escorted individual to get it.

Loud noise complaint — An anonymous caller called the SFCC to report loud noise coming from the first floor of building 1406. Patrolmen were dispatched. When they arrived at the building they made contact with a senior airman and notified him of the 24-hour noise discipline.

Sept. 14:

Nothing to report.

Courtesy of the 8th Security Forces Squadron

Officials set holiday mailing dates

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

WASHINGTON — The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and Military Postal Service Agency officials have suggestions for ensuring packages and letters arrive on time.

In fact, customers who mail early may save money and still have an on-time delivery, said Mark DeDomenic, agency chief of operations.

"As we get closer to Christmas, the mail volumes get higher, and therefore mail takes longer to be delivered," he said.

The recommended mail deadlines for sending mail from the United Sates to all overseas military mailing addressees for the holidays are:

— Parcel post: Nov. 13

— Space-available mail: Nov. 28

— Parcel-airlift mail: Dec. 4

— Priority and first-class letters or cards: Dec. 11

Mr. DeDomenic said these dates can also be observed by customers sending mail from overseas locations to the U.S.

Customs forms are required on all international mail, and shipments should be properly packaged before sending them overseas, Mr. DeDomenic said.

"Customers should always remember to ensure they package their parcels in strong boxes and use a lot of packing material," Mr. DeDomenic said. "Popcorn or newspaper makes for great packaging material."

He also suggested customers use a nylon-fiber reinforced tape to bundle up their packages.

"Keep in mind that packages going to military addresses overseas are handled many times and travel long distances. Therefore strong boxes and good internal packing is important," Mr. DeDomenic said.

While the U.S. has restrictions on mailing items such as poisons and weapons, other countries have their own restrictions for what can be mailed, Mr. DeDomenic said. Postal customers need to consider the length of the journey overseas and the final destination when considering what to send.

"I would advise customers to not mail perishable items and to ensure they do not mail things such as batteries, hazardous materials or weapons," Mr. DeDomenic said.

"Items such as coffee or tobacco are restricted to certain locations. If there is any doubt as to the mailability of particular items, customers should always check with their local post office."

Because of security restrictions, mass-mailing operations such as Operation Dear Abby or the "Any Servicemember" mailing program are not being supported by the agency, Mr. DeDomenic said.

Postal agency officials encourage servicemembers to support the publicly available Web sites that allow the American public to write supportive letters to them.

PRIDE OF THE PACK

Airman 1st Class
Mark Lebedzinski

Job: 8th Communications Squadron

Primary Duties: Support and maintain base computers systems and cryptographic equipment

Hometown: New Waverly, Texas.

Follow-on: Spangdahlem Air Base, Germany.

Hobbies: Sleeping, sports and computers

Favorite music: Swisha House and R&B

Last good movie you saw: "Lion King"

Best thing you've done at Kunsan: Shadow the Wolf Chief

"Airman 1st Class Mark Lebedzinski has excelled as a computer, network, switching and cryptographic systems technician. During the Pacific Air Forces personal computer replacement, Airman Lebedzinski directly supported over 800 computer users by validating unit requirements across the base and facilitating the turn-in of technologically obsolete computers at an average of 40 systems per day. When computer assets from the 35th Fighter Squadron became unaccounted for during an annual inventory, Airman Lebedzinski performed a staff assistance visit and located the $70K of automated data processing equipment. Clearly, Airman Lebedzinski stands out as a superior performer and worthy of the 'Pride of the Pack' recognition."

Staff Sgt. Richard Rubalcava
8th Communications Squadron

TELEPHONE SERVICE INCREASE

The Department of Defense Information Systems Agency has increased the monthly costs for dorm room telephone service. The cost for service will increase from $24.34 to $34.68 per month. This increase takes effect Oct. 1. Members will see the increase on their Nov. 1 Leave and Earnings Statement.

Wolf 1 returns to Wolf Pack

Courtesy photos

Top: Wolf Pack pilots at the 8th Tactical Fighter Wing sweep Col. Robin Olds, 8th Tactical Fighter Wing commander, away from his F-4 Phantom Sept. 23, 1967 as he returned from his 100th combat mission over North Vietnam. The four-time MiG killer, often termed "the hottest pilot in Southeast Asia" found a vast, emotion choked crowd gathered to bid its chief farewell. The veteran pilot led the Wolf Pack to its 24 MiG victories in one year, the greatest aerial combat record of an F-4 wing in the Vietnam conflict.
Right: Colonel Olds checks out his plane as a crew chief looks on. Colonel Olds assumed command of the 8th Tactical Fighter Wing September 1966 in Thailand.

By Senior Airman Cat Trombley
8th Fighter Wing Public Affairs

Wolf Pack members will have the chance to meet a living legend here Wednesday through Sept. 28.

He's rated a three-time ace, and called a killer of MiGs — he is retired Brig. Gen Robin Olds, Wolf 1.

The general is a former World War II pilot. During WWII, he became a double ace, having been a part of 107 mission and 24 victories. He shot down 13 enemy aircraft and destroyed 11 on the ground.

After WWII, General Olds fought in Vietnam. Stationed in Thailand, he was the commander from September 1966 to September 1967 of the 8th Tactical Fighter Wing, known today as the Wolf Pack.

General Olds was the first pilot in Vietnam to shoot down two MiGs, he was also the first to shoot down four. He planned and led the famous Bolo operation.

According to *www.acepilots.com,* he realized the F-105 and F-4 formations used the same approaches time after time, allowing the enemy analysts in Hanoi to become experts at identifying the more vulnerable F-105 "Thuds" from the F-4 Phantoms, from their radio frequencies and call signs.

On Jan. 2, 1967, the first day of the operation, General Olds decided to fly a large F-4 formation using the same routes, altitude, and call signs as the F-105s, hoping the MiG-21s would be guided towards them, expecting to find Thunds, and when they realized the truth, it would be too late for them.

As he had hoped, the day ended with the Viet Cong taking the bait and the Wolf Pack shooting down 7 MiGs with no lost U.S. aircraft. The 8th Tactical Fighter Wing had destroyed nearly half of North Vietnam's most advanced fighters in only five days. It made the wing the first double ace wing of southeast Asia.

In the final pre-flight brief on New Year's Day 1967, Colonel Olds told his pilots, "All right you wolf pack, let's go get them."

After the success of Operation Bolo, the wing started calling itself Wolf Pack. Although General Olds was not the first commander of the 8th Tactical Fighter Wing, he is know as Wolf 1 because it was under is command that the Wolf Pack name became synonymous with the wing.

"The Wolf title has been passed down to each wing commander here," said Col. Robin Rand, the current 8th Fighter Wing commander and fourty-second Wolf. "We invited General Olds here so our young warriors could be inspired by a living legend."

Wolf 1 will arrive Wednesday evening, but the bulk of his trip here starts Thursday. He will meet with airmen, NCOs, officers and the pilots. He will be at the promotion ceremony Sept. 26 and the dining out Sept 27. He will depart Sept 28.

"I am looking forward to being with the people currently assigned to my old command," General Olds said. "The Wolf Pack has always been about tough targets, high morale, good tactics, few losses and theater-wide respect. Many things have changed in today's Air Force from when I was in, but importance of pride in self and unit still remain the same."

Col. Robin "Wolf 1" Olds gets out of his F-4 Phantom. Colonel Olds was the leading MiG destroyer in Vietnam.

Courtesy photos

Preparing to nail the 19th, 20th, 21st, and 22nd red star to the 8th Tactical Fighter Wing MiG-kill scoreboard is Col. Robin Olds, wing commander and the first quadruple MiG killer of the Vietnam War. Other victors in the May 20, 1967 encounter with MiG-17s, 40 miles northeast of Hanoi, are (left to right) Maj. Phillip Combies, 1st Lt. Stephen Crocker and 1st Lt. Stephen Wayne (front center).

"The battle started when the MiGs began to get out of the cloud cover. Unfortunately for me, the first one appeared in my 'six o-clock'. I think it was more an accident than a planned tactic. As a matter of fact, in the next few minutes, many MiGs started to exit from the clouds from different positions.

I was lucky. The flight behind me saw the MiG and tried to divert its attention. I broke to the left, sharply enough to get away of his line of fire, hoping my wingman would take care of him. Meanwhile another MiG came out of the clouds, turning widely about my '11 o-clock' at a distance of 2,000 yards. He went into the clouds again and I tried to follow.

A third enemy plane appeared in my '10 o-clock', from the left to the right: in simple words, almost in the opposite direction. The first MiG zoomed away and I engaged the afterburner to get in an attack position against this new enemy. I reared up my aircraft in a 45 degree angle, inside his turn. He was turning to the left, so I pulled the stick and barrel-rolled to the right.

Thanks to this maneuver, I found myself above him, half upside down. I held it until the MiG finished his turn, calculating the time so that, if I could keep on turning behind him, I would get on his tail, with a deflection angle of 20 degrees, at a distance of 1,500 yards. That was exactly what happened. He never saw me. Behind and lower than him, I could clearly see his silhouette against the sun when I launched two Sidewinders. One of them impacted and tore apart his right wing."

— Col. Robin Olds, 8th Tactical Fighter Wing commander, on what he expirenced during Operation Bolo

At Ease

7 DAYS

Friday

Free food night The Loring Club offers baked chicken 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin' Bowl The Yellow Sea Bowling Center offers Howlin' Bowl starting at 6 p.m. The cost is $6 per person.

Midnight breakfast The Loring Club offers midnight breakfast 11 p.m. to 2:30 a.m.

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

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m and 6 p.m. The bus leaves Osan at 6 and 10 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

Saturday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 and 10 a.m. The bus departs Osan at noon and 4 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

Country night The Loring Club has country night, 9 p.m. to 2 a.m. in the ballroom.

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

Pentathlon Day The Yellow Sea Bowling Center offers patrons a Pacific Air Forces Pentathlon game piece with any purchase.

Photo club The Falcon Community Center has a photo club trip to the local country side. The trip departs at 8 a.m. in front of the community center.

Sunday

Brunch Extravaganza The Loring Club offers entree, and side dishes for Sunday brunch 10:30 a.m. to 1 p.m. The price is $11.95 per person for club members.

B-I-N-G-O The Loring Club offers bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Dart tournament The Loring Club hosts a dart tournament at 7 p.m.

Best of 10 free throw The Falcon Community Center sponsors a best of 10 free throw at 2 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus leaves Osan at noon and 6 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

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

Monday

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

9-Ball tournament The Loring Club offers a 9-Ball tournament at 7 p.m

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus departs Osan at noon and 6 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

Airmen's bowl The Yellow Sea Bowling Center offers no lane charge for one game or 10 free games for airmen, E-1 through E-4, all day.

Tuesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus departs Osan at noon and 6 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

8-Ball tournament The Falcon Community Center offers an 8-Ball Pool tournament at 7 p.m. The winner receives a phone card.

Sumo wrestling The Loring Club has sumo wrestling 6 to 8 p.m.

Wednesday

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus departs Osan at noon and 6 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

Free food The Loring Club offers club members patio barbeque 6 to 9 p.m.

8-Ball tournament The Loring Club has a 8-Ball Pool tournament at 7 p.m. The winner receives a phone card.

Thursday

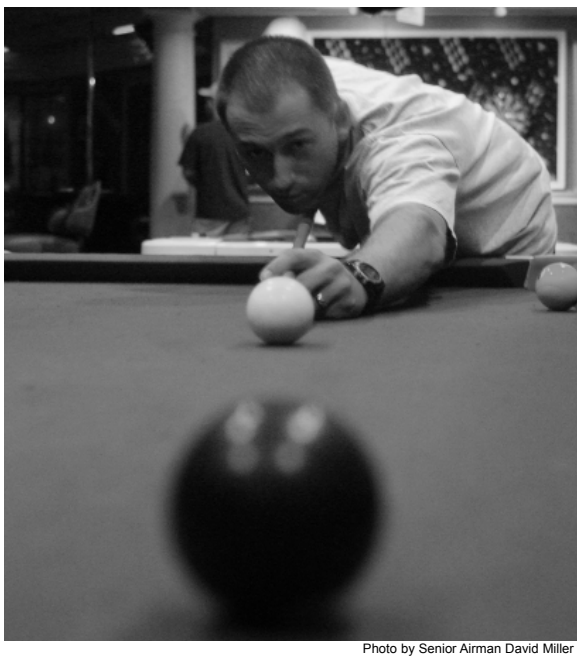
2-for-1 Steak night The Loring Club offers two for one steaks 5:30 to 8:30 p.m.

Ladies night The Yellow Sea Bowling Center offers free bowling for ladies starting at 6 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and 1 p.m. The bus departs Osan at noon and 6 p.m. Tickets are $10 for general Wolf Pack members or $9 for special consideration of airman morale one way, and $20 or $18 round trip.

Submit events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include time, date, place, point of contact and phone number.

9-Ball



9-BALL: Staff Sgt. Richard Hubbard, 8th Communications Squadron, lines up a shot Monday night at the Loring Club. The Loring Club offers a 9-Ball Pool tournament every Monday night at 7 p.m.

Photo by Senior Airman David Miller

MOVIES

Saturday

"Open Range" (R) 7 and 9:30 p.m.

Sunday

"Johnny English" (PG) Starring Rowan Atkinson. 6 and 8:30 p.m.

Tuesday

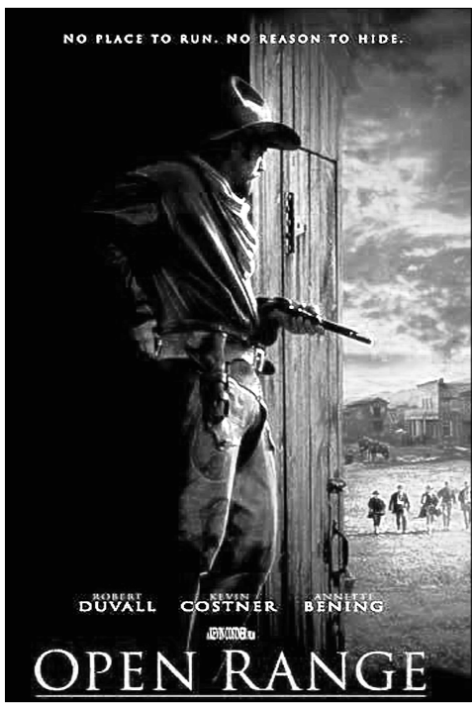
"Johnny English" (PG) 8 p.m.

Wednesday

"Bad Boyz II" (R) Starring Will Smith and Martin Lawrence. 8 p.m.

Thursday

"Bad Boyz II" (R) 8 p.m.



Today

"Open Range" **(R) Starring Kevin Costner and Robert Duvall. 7 and 9:30 p.m.**

GIMJE HORIZON FESTIVAL

The public affairs office is sponsoring a trip to the Gimje Horizon Festival Oct. 2.

The festival will feature several outdoor performances of traditional Korean culture such as Two Dragons Play, Ipseok Tug of War, A Feast of Folk Play, and Farmer's Gala in the early years. There will also be a tour in the rice exhibition room. There will be food, game, and souvenir booths, so participants should bring Won.

The trip departs from the Loring Club at 8:45. Attire is casual. Lunch will not be provided. If interested, e-mail Ms. Rosemary

Education

Scholarship Children of Wolf Pack members may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003 to 2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center needs teachers. Many enlisted members are trying to go to school here but often run into road blocks when it comes to course availability, mostly due to a lack of teachers. Without the luxury of many college professors, the education center must rely on the officer and enlisted corps to carry the load. For more information, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

CDC testing Career Development Course testing is Thursdays at 9 a.m. in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeants Association meets the second Tuesday of each month at 4 p.m. in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet the second Wednesday of each month at 3 p.m. at the Loring Club.

Top 3 The Kunsan Top 3 meets the second Wednesday of each month at 4 p.m. at the Loring Club.

Airman's Advisory Council The council meets the last Tuesday of the month at 3 p.m. in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Financial brief The family support center offers a financial briefing for airmen E-1 through E-4 Monday from 4 to 4:30 p.m. in building 755, room 215.

Basic Korean class The family support center offers a Korean class Tuesday at 5 p.m. The class teaches how to read and write the Korean alphabet, and also includes basic travel expressions for shopping, dining, and using transportation. To register, call 782-5644.

Family reunions The family support center offers a family reunion brief Tuesday at 3:30 p.m. in the base theater. No registration is required. For more information, call 782-5644.

TAP seminar The family support center offers a transition assistance program seminar Wednesday through Sept. 26 at 8:30 a.m. to 3 p.m. each day. To register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn is looking for units to volunteer for Friday meals through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage Wolf Pack members interested in volunteering at the local Kae Chong Orphanage should meet in the military personnel flight parking lot Thursdays at 6:15 p.m. Transportation is provided. For more information, e-mail or call Airman Nathan Biles at 782-5960.

Handicap facility Wolf Pack members interested in volunteering at the local Mokyangwon handicap facility Sept. 27, should e-mail Ms. Rosemary Song at *SongAe@kunson.af.mil* by noon Tuesday. The bus departs from the Loring Club at 9 a.m.The group will have a barbeque lunch with the residents and should be back around 2 p.m.

Chapel

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

Catholic services Mass is Saturdays at 5:30 p.m., Sundays at 9 a.m., and Mondays and every Wednesday through Friday at 11:30 a.m. at the chapel. Catholic Reconciliation is by appointment, Saturdays at 4:30 p.m. and Sundays at 6 p.m. R.C.I.A. is Wednesdays at 7 p.m. in the chapel conference room.

Protestant services General Protestant worship service is Sundays at 11 a.m. and the contemporary praise and worship service and Bible study is Wednesdays at 6 p.m. Both services are conducted in the chapel.

Gospel Gospel services are Sundays at 1 p.m. and the inspirational praise and worship service is Fridays 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. Fridays from 6 p.m. to midnight, and Saturdays from 6:30 a.m. to midnight.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

❒ Women's Bible study and fellowship Tuesdays at 6:30 p.m. at the Sonlight Inn, room 2.

❒ Protestant Bible study Sundays at 9:45 a.m. at the Sonlight Inn, room 1.

❒ Gospel Bible study Sundays at 11 a.m. at the Sonlight Inn, room 2.

❒ Men's Bible study Sundays at 5 p.m. at the Sonlight Inn, room 2.

❒ Intercessory prayer Saturdays at 8:30 p.m. in the chapel conference room.

Volunteer!

Courtesy photo

CHAPEL: Staff Sgt. Lisa Hough, 8th Fighter Wing Legal Office, sits with an child from the Seed of Faith Orphanage and listens to the Pacific Air Force Band in the Osan Theater Sept. 7. The base chapel sponsored a trip to the Osan Airshow for the local orphanage. A total of 67 volunteers accompanied 58 children ranging from 4 to 19 years old. Even though the airshow was canceled, the children, with the help of Osan's wing chaplain, Chaplain (Lt. Col.) Steven Torgerson and Brig. Gen. William Holland, 51st Fighter Wing commander, were able to allow the children to spend an hour in the bowling center for free and then to attend the concert at the base theater.

Miscellaneous

Hispanic heritage VIPs The Hispanic Heritage Observance Month Committee will sponsor two hispanic Korean War veterans Wednesday. Retired Lt. Col. Angel Escribano Aponte and Capt. Frederico Pagani will speak and answer questions at the Hispanic heritage program at 2 p.m. in the base theater.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

Free Classifieds

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) 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.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

Iomega 250mb USB powered ZIP Drive with 1 250mb and 1 100mb ZIP disk. $45.00. Call

mypay — **www.dfas.mil/mypay/**
mypay allows military members to manage pay information, leave and earning statements, W-2s and more

Promotion?
Assignment?
Decoration?
Award?

Army & Air Force Hometown News Service

Keeps your family and friends back home informed

For more information, stop by the 8th Fighter Wing Public Affairs office or call 782-4705

Need a taxi?

Call 782-4318

Free Breakfast and Fellowship

8 to 11 a.m.
Every Saturday
at the Sonlight Inn

Above & Beyond
Continue your career in the
Air Force Reserve
Master Sgt. Mark Kosht
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DSN (315) 634-5174
mark.kosht@kadena.af.mil

Cobras wins Intramural Championship

By Staff Sgt. Robert Wollenberg
8th Figher Wing Public Affairs

In the intramural softball championship game Monday night, the Cobras squeaked by the OG in the final game with a score of 34-10.

Although the OG team went undefeated in the regular season, they just couldn't keep it together for the final game.

"Paul Holland really stepped up to help us out, after our regular first baseman broke his leg," said OG head coach Dave Melton.

The Cobra's went 8 for 2 in the regular season, but really started pulling it together after Quinn Wright stepped in as head coach.

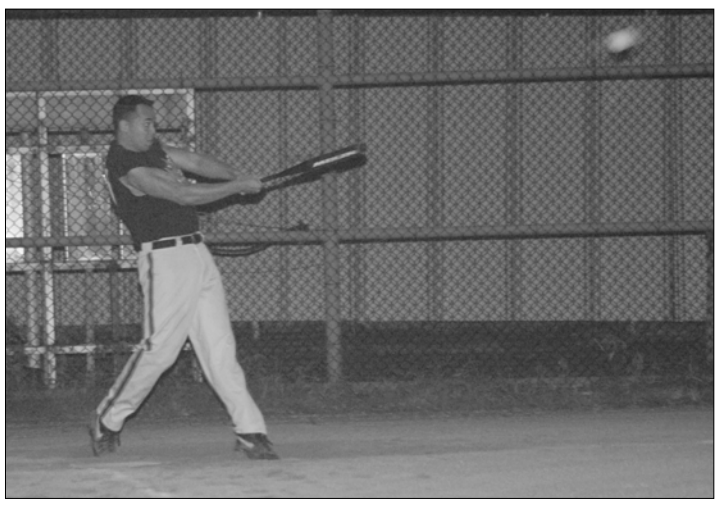
"I told them they had more potential than any other team I've ever seen," he said. "We just needed to find the right combination and chemistry."

After a little team reorganization and batting order changes, the Cobras averaged 16 points per game. They scored 84 runs in the playoff games alone.

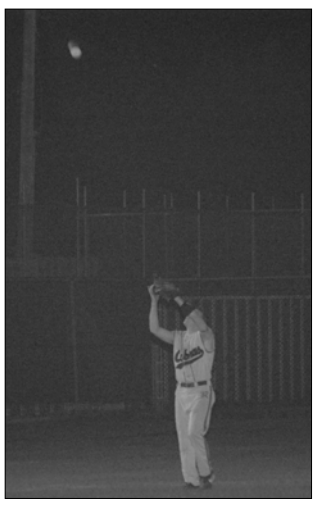
"I've played softball for 17 years and I've never seen a more solid hitting team," Wright said. "Other teams just couldn't comprehend how well we hit the ball. And what really made us dangerous, we had depth off the bench."

Photos by Staff Sgt. Robert Wollenberg

Jim Prescott, Cobra's substitute catcher, barely beats out a throw to first baseman Paul Holland during the intramural softball game between the Cobras and OG Monday night.



Larry Shelvy, starting right center fielder for the Cobras, smashes a home run. Shelvy batted 4 for 5 with all four being grand slams. He finished the championship game with 10 RBIs.



Adam Raffety, OG short stop, prepares to catch a fly ball in short left field.

Air Force wins softball championship

By Airman 1st Class Sarah Busch
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. — The Air Force team won the 2003 Armed Forces Women's Softball Championship held Sept. 8 to 10.

"Our goal was not to go undefeated; it was to win the gold," said Air Force head coach William Hardy, from Keesler Air Force Base, Miss.

This is exactly what happened. The Army team defeated the Air Force 4-3 the first day of the tournament.

"That loss, in our first game, brought us back into reality," Hardy said.

"From the beginning of the tournament, we were struggling with our hitting," said second baseman Peni Nery from Kadena Air Base, Japan. "However, by the last game, we were showing everybody how we hit. We came through."

The 10-run rule came into play for the Air Force when they defeated the Navy team 16-4 in the last day of the tournament.

"We played a lot of good defense to keep us in the game until the offense came around," Hardy said. "We had the best team, and the ladies played to their ability."

The Air Force dominated the entire game and pulled out of the sailors' sight in the top of the sixth inning when Alicia Pagan, from Ramstein Air Base, Germany, hit a long ball out in left field, bringing in three runners to make the score 13-4.

Wendy Hansen, from Davis-Monthan AFB, Ariz.; Toni Owens, from Tyndall AFB, Fla.; and Latricia Munday, from Hickam AFB, Hawaii, each contributed an RBI to bump the score to 16-4.

The Navy was unable to retaliate and was shut out early in the bottom of the sixth inning with a final score of 16-4.

Going into this game, "I knew we had to play an errorless game in order to defeat the Air Force," said Navy head coach James Butters, from the Afloat Training Group at Naval Station Mayport, Fla. "However, we kept in there, and we fought hard."

"We had the better team bar none, both defensively and offensively," said Jamie Thompson, from Dover AFB, Del. "I felt like if we played just as hard as we practiced, I knew that we were going to come in and win it."

The soldiers finished the tournament with a record of 4-5, while the sailors took third with 3-6 and the Marines wound up in last place with 3-6.

At the conclusion of the tournament, sports directors from each service named an all-tournament team. They picked 15 players from all four services to represent the armed forces at the Amateur Softball Association Women's East Open Slow Pitch Championships in Auburn, Ala., Sept. 18 through Sept. 21.

Photo by Craig McDonnell

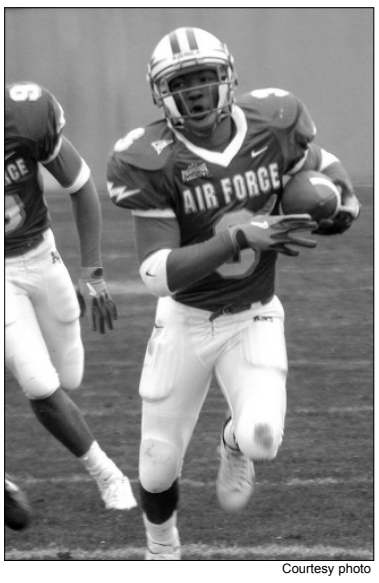
Air Force team member Jamie Thompson from Dover Air Force Base, Del., nails the ball during a game against the Army in their third and final match up. Thompson was named to the 2003 All-Tournament Team, as well as the Armed Forces Team.

Sports Shorts

Soccer players needed
Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturdays at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed
The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed
The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



Courtesy photo

Falcons down Mean Green, 34-21
Quarterback Chance Harridge had the best passing performance of his career during the Air Force Academy Falcon's 34-21 win over the University of North Texas Mean Green Saturday.

Intramural bowling league
The fall intramural bowling league began the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu
Noon Saturday and Sunday - FREE

Tae Kwon Do
8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido
7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do
6 a.m. and 7 p.m. Monday to Friday

Notice

Please return any towels that belong to the Wolf Pack sports and fitness center

Golf course

The West Wing Golf Course offers many services including golf club rental, pull cart rental, handicapping services, intramural golf, golf lessons and club fittings. People desiring to compete in tournaments are required to have a handicap. Handicaps can be established by turning in scorecards to the pro shop with name and date estimated return from overseas. Establishing a handicap is free.

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down days
8 a.m. to midnight

Tips to Healthy Eating

Eat moderate portions: If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving, and a cup of pasta equals two servings. A pint of ice cream contains four servings. Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the Health and Wellness Center

CSAF's Fitness Challenge: Week Four

By Joel Richardson
Health and wellness center exercise physiologist

With the Air Force Chief of Staff Fitness Challenge now entering it's fourth week, this is a good time to discuss the final aspects of the Air Force fitness test; push-ups and sit-ups.

Each of these tests will comprise up to 10 percent of the total points of the test.

Although the Air Force hasn't decided on the exact standards at this time, don't wait until the last minute to start working on your muscular strength and endurance.

One of the things the health and wellness center staff sees all too often is individuals or squadrons doing as many push-ups and, or sit-ups as they can for each of their workouts.

This is a common mistake that can lead to injury and burnout. The same repetitive motion for all your workouts will not get you to your goals as quickly as varying up your workouts will. This is where the FitLinxx workout tracking system can help you reach your goals.

FitLinxx is a system of resistance training and cardiovascular machines connected to a centralized server, which allows you to track workouts effectively. You can also enter free weight exercises for increased variety in your workouts.

FitLinxx can especially help those individuals who have trouble meeting the push-up standards. If you haven't been enrolled and oriented into the FitLinxx system, this is the perfect time to do so. Starting next week, you'll see advice on resistance training workouts, in addition to the cardiovascular workouts you've already been doing.

See the pictures below on how to properly do Air Force push-up and sit-up assessments.

Pushups:

Begin by placing your hands on the floor, approximately shoulder-width apart, while keeping your body in a straight line.

Slowly lower yourself down until your elbows form a 90-degree angle, then press back up, making sure to keep your body in alignment.

Remember, you need to mix up upper-body resistance training on a regular basis, so try to stay away from only doing push-ups during your workouts.

Sit-ups:

Begin by securing your feet under an immovable object, like the edge of a couch, or a toe bar at the fitness center. Bend your knees so they're at a 90-degree angle.

With your fingers tips resting on your collarbone, pull yourself up towards your knees, using your hip flexors and abdominal muscles. Touch your elbows to your knees, and lower yourself back down until your shoulder blades touch the ground.

Remember that sit-ups put a lot of strain on your lower back, so make sure you are not doing them for every abdominal workout. Abdominal crunches, not full sit-ups, are easier on your back, and will still train your muscles to allow you to progress towards meeting Air Force standards.

CSAF FITNESS CHALLENGE WORKOUTS, WEEK 3:

Beginners: 3 workouts this week

Monday: 25 minute workout; 5 minute warm-up, followed by a 45 second powerwalk or jog, with 30 seconds recovery. Heart rate should be 65 to 75 percent target heart rate.

Wednesday: do the same workout as Monday, but stretch it out to 30 minutes for today.

Friday: 30 minute workout; 5 minute warm-up, followed by 90 second powerwalk/jog at 60-75% THR, followed by 30 seconds recovery. If you can't go for the full 90 seconds, then go back to Wednesday's workout (45 second powerwalk/jog, instead of a 90 second session).

Intermediate: 3 workouts this week

All of which will be at an easier intensity to give your body a little rest. Tougher workouts are coming next week.

Monday: 30 minute cross-training workout at 60 to 70 percent THR.

Wednesday: 30 minute run at 60 to 70 percent THR.

Friday: 30 minute cross-training workout at 60 to 70 percent THR.

Advanced: 3 workouts this week

And, just like the intermediate workouts, you're going with an easier intensity, more challenging workouts next week.

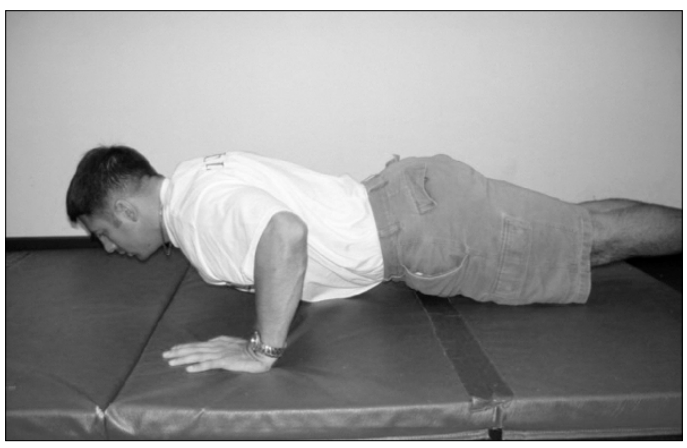
Monday: 45 minute cross-training at 60 to 70 percent THR.

Wednesday: 30 minute run at 60 to 70 percent THR.

Friday: 45 minute cross-training at 60 to 70 percent THR.

Starting and ending position for the push-up. Note the body is in straight alignment

Starting and ending position for the sit-up. Note the arms are crossed with fingertips touching the collarbone, and knees bent 90 degrees.



Middle position for the push-up. Note the elbows are at a 90-degree angle.

Middle position for the sit-up. Elbows should touch the knees.

Yellow Sea Bowling Center

YUM: Senior Airman Chanel Utley, 8th Security Forces Squadron, gets her order from Mr. Chon, Yong Song.

BOWLING: The Yellow Sea Bowling Center kicked off the intramural bowling league Wednesday. Squadrons from base participate Tuesday and Wednesday nights.

The bowling center offers Howlin' bowl every Friday night. The cost is $6 per person. Airmen's bowl is held every Monday. Airmen E-1 through E-4 either get no lane fee for one game or 10 games free. Thursday nights are Ladies' night. Starting at 6 p.m., ladies bowl free.

The bowling center also features a cafe that has lunch special every day.

YOU CAN DO IT: 1st Lt. Givey Kockanowski, 8th Logistics Readiness Squadron, studies the lane before he bowls

ANNOUNCER: Tech Sgt. Mike Byrd, 8th Logistics Readiness Squadron, announces the beginning of practice bowl.

STRIKE: 1st Lt. Leisa Szybist, 8th Logistics Readiness Squadron, prepares to bowl a strike Wednesday night.

SHOES: Ms. Choe, Myong Suk, Yellow Sea Bowling Center manager, puts away a pair of rental bowling shoes. Shoes cost $1 to rent.

FOOD: A chicken sandwich awaits its owner in the window of the Hard R.O.K. Cafe.